

# Catch-and-Release Guidelines

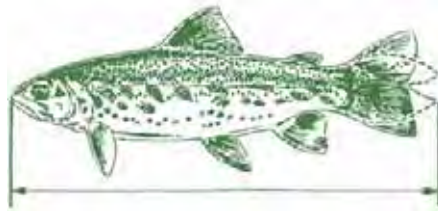
- Minimize the amount of time that you play a fish.
- Use the heaviest tackle appropriate for the prevailing conditions. This will help you land the fish faster so it will be less exhausted and have a better chance of recovering quickly.
- Handle the fish gently and release it as quickly as possible. Holding fish out of the water may reduce their survival rate. If you must handle the fish, cradle it upside down in the palm of your hand while the hook is removed.
- Use needlenose pliers or hemostats to back the hook out of the trout's jaw. Never pull the hook from a deeply hooked fish that you intend to release. Instead, cut the line and leave the hook in the fish. The hook will eventually dissolve. Barbless hooks, or those with the barb squeezed flat make for an easier release.
- If the fish appears exhausted, hold it gently in the water facing upstream until it swims out of your hand.

# How to Measure a Fish

It is important to know the length of the fish you take home, because there are variations in legal fish length limits from one trout area to another.

Follow these steps to determine length:

1. Lay the fish flat.
2. Push or hold the mouth shut.
3. Press the tail lobes together.
4. Measure the fish from the tip of the snout to the end of the tail.



*To discover trout fishing areas in the state, write for the free "Missouri Trout Fishing" map at the address below.*

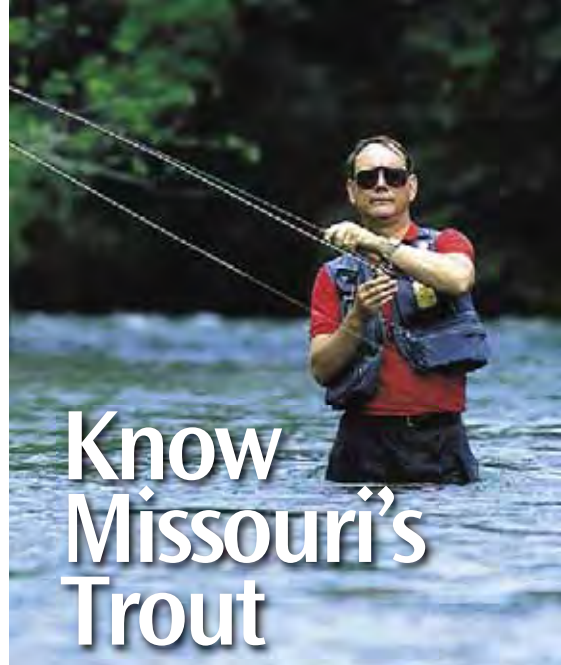
Missouri Department of Conservation  
P.O. Box 180, Jefferson City, MO 65102-0180  
(573)751-4115

10/2003

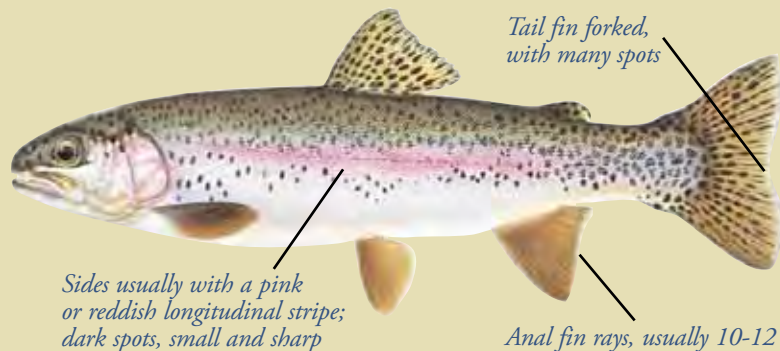
FIS040

# Know Missouri's Trout

*Missouri offers many trout fishing opportunities at trout parks, along streams and in lakes. The Conservation Department operates four hatcheries and one trout-rearing station. The facilities are located at the trout parks and at Lake Taneycomo. More than 2 million catchable-size trout are produced each year in Missouri's public hatcheries. The Department also manages 120 miles of spring-fed, cold water trout streams, and urban winter trout areas in Kansas City and St. Louis.*



# MISSOURI'S TROUT



## Rainbow Trout

Rainbow trout are found in all trout-fishing waters managed by the Department of Conservation. Native to the western United States, they were first introduced into Missouri in 1880. They are stocked in trout parks, trout management areas and urban winter trout areas. Rainbow trout are the easiest species of trout to rear in hatcheries, and also naturally reproduce in at least 14 counties in Missouri.

Joseph R. Tomelleri illustrations



## Brown Trout

Brown trout are the main species stocked in special trout management areas, and are occasionally stocked in other trout areas depending on availability from hatcheries. They are native to the streams of Europe and the British Isles. They were first stocked in Missouri in 1891, but were not consistently stocked until 1974. Although natural reproduction of brown trout is very rare in Missouri, stocked fish survive and grow to large sizes in the wild.